

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims

1. (Original) A sanitary product for insertion into a human vagina, the product comprising an internally worn absorbent plug and an externally worn absorbent pad joined to one another by a sheath that opens through the pad such that a wearer's finger can be received in the sheath to assist insertion.

2. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, wherein the sheath is liquid impermeable in a direction from the outside of the sheath to the inside of the sheath.

3. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, wherein the sheath comprises tube of liquid impermeable material.

4. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, wherein the pad comprises an absorbent layer and a liquid impermeable backing sheet.

5. (Currently amended). The sanitary ~~towel~~ product of claim 3, wherein the pad comprises an absorbent layer and a liquid impermeable backing sheet and the backing sheet is integral with the liquid impermeable material of the sheath.

6. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding~~
~~claims~~, wherein the sheath passes liquid along its length from the plug to the pad.

7. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding~~
~~claims~~, wherein the sheath comprises a tube of absorbent material.

8. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding~~
~~claims~~, wherein the sheath comprises a tube of liquid impermeable material inside a tube of
absorbent material.

9. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding~~
~~claims~~, wherein the sheath is flexible.

10. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding~~
~~claims~~, wherein the sheath has a smaller diameter than that of the plug.

11. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding~~
~~claims~~, wherein the sheath is resiliently expandable in a radial direction to receive a finger
during insertion of the product into the vagina.

12. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, wherein the sheath extends for substantially 2.5 cm between an end of the plug and a surface of the pad closest to the plug.

13. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, further comprising a cord attached to the plug to assist removal of the plug from the vagina.

14. (Original) The sanitary product of claim 13, wherein the cord extends along the inside of the sheath.

15. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, wherein the plug is substantially 4cm in length or less and 2cm in diameter or less.

16. (Original) A sanitary product comprising an absorbent plug for insertion into a vagina, an externally worn absorbent pad and a neck joining the plug and the pad, wherein the plug is substantially 4cm in length or less and/or 2cm in diameter or smaller.

17. (Original) The sanitary product of claim 16, wherein the neck extends for substantially 2.5 cm between an end of the plug and a surface of the pad closest to the plug.

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18. (Currently amended). The sanitary product of claim 16 ~~or claim 17~~, wherein the neck comprises a sheath that opens through the pad such that a wearer's finger can be received in the sheath to assist insertion.

19. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, wherein the plug is substantially 3.5cm in length or less and 1.5cm in diameter or less.

20. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, wherein the plug is substantially 3.5cm in length and 1.5cm in diameter.

21. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, wherein the pad has the shape of a flat ellipse with one end wider than the other.

22. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, wherein the pad is substantially 6.5cm long and 5.5cm wide.

23. (Currently amended). The sanitary product of claim 1 ~~any one of the preceding claims~~, wherein the pad is substantially 0.5cm thick.

24. (Original) A combined tampon and sanitary towel having a sheath that is attached to one end of the tampon and that opens through the towel.

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25. (Currently amended). A method of manufacturing a sanitary product, the method comprising joining an internally worn absorbent plug to an externally worn absorbent pad by a sheath to produce the sanitary product of claim 1 ~~any one of claims 1 to 23.~~

26. (Deleted).